PSHE at The Mead Primary School

Year group	T1	T2	T3	T4	T5	T6
Nursery	What makes me special (family relationships)	What makes me different? Sharing picture books that value difference	Keeping safe in Nursery – rules and expectations	When we were little – how we change	Healthy eating – link to snack time	Who keeps us safe – linked to transition
YR	**Me and my relationships** *All about me, my feelings and how they make me special*	**Valuing difference** *Understanding what is the same and different*	**Keeping myself safe** *What keeps me and my body safe?* *Who keeps me safe?*	**Growing and changing** *SRE*	**Being my best** *How can I keep myself healthy?* *Healthy eating and keeping my body happy*	**Rights and respect** *How can I look after things? (friends, money, environment)?*
Y1	**Me and my relationships** *Understand our feelings and how to be a good friend*	**Valuing difference** *Who are our special people and how can they help me*	**Keeping myself safe** *Who can help me?* *Who are the special people in my life?*	**Growing and changing** *SRE*	**Being my best** *How can I be safe and healthy within my community?*	**Rights and respect** *How can I take care of things? (myself, my money, my environment)?*
Y2	**Me and my relationships** *Understand our feeling and how to be a good friend*	**Valuing difference** *Who our special people are and how we should treat them*	**Keeping myself safe** *How do I keep myself and others safe by using my voice?*	**Growing and changing** *SRE*	**Being my best** *How can I keep my body and mind healthy with a growth mindset?*	**Rights and responsibilities** *How can I co-operate and self-regulate?*
Y3	**Me and my relationships** *Understanding how to demonstrate cooperation and collaboration*	**Valuing difference** *Understanding and respecting differences*	**Keeping myself safe** *What is a danger and what is a risk?* *What is helpful and what is harmful?*	**Growing and changing** *SRE*	**Being my best** *How can I keep myself healthy and celebrate my successes?*	**Rights and responsibilities** *How can I develop skills to look after environment and manage money?*
Y4	**Me and my relationships**	**Valuing difference** *Understand how people are different*	**Keeping myself safe**	**Growing and changing** *SRE*	**Being my best**	**Rights and responsibilities**

	Understanding how to navigate friendships	*and how to deal with situations*	*What is the difference between a danger, risk or a hazard?*		*How can I make decisions about my health and interests?*	*How can I make a difference regarding the environment, media and money?*
Y5	**Me and my relationships** *Navigate friendships and how to say no*	**Valuing difference** *Ways to communicate with others and how to navigate the local community*	**Keeping myself safe** *How can I approach a risky situation?*	**Growing and changing** *SRE*	**Being my best** *How can I keep myself healthy and aware online?*	**Rights and responsibilities** *What are my rights regarding my health and money?*
Y6	**Me and my relationships** *Understanding how to negotiate friendships*	**Valuing difference** *Ways to communicate with others and how to navigate the local community*	**Keeping myself safe** *How do I approach a risky situation in person and online?*	**Growing and changing** *SRE*	**Being my best** *How can I look after my mental health while being ambitious about my future?*	**Rights and responsibilities** *What is media/social bias and how can I spend and save?* *What is a democracy?*